

Erev Shabbat with Beth-El Zedeck January 29, 2021 • 17 Shevat 5781



Blessing the Children

For our sons:

May you be like Ephraim and Menashe.

יְשִׁימָךְ אֱלֹהִים כְּאֶפְרַיִם וְכִמְנַשֶּׁה

Y'simkha Elohim k'Ephraim v'khi-Menashe.

For our daughters:

May you be like Sarah, Rebecca, Rachel, and Leah.

יְשִׁימָךְ אֱלֹהִים כְּשָׂרָה רַבֵּקָה רָחֵל וְלֵאָה

Y'simeikh Elohim k'Sarah, Rivka, Rachel, v'Leah

For our children and families:

May God bless you and protect you.

יְבָרְכֶךָ יְהוָה וַיִּשְׁמְרֶךָ

Y'varekhekha Adonai v'yishm'rekha

May God show you favor and be gracious to you.

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ וַיַּחֲנֶנֶךָ

Ya'eir Adonai panav eilekha vichuneka

May God show you kindness and grant you peace.

יֵשָׂא יְהוָה פָּנָיו אֵלֶיךָ וַיִּשֶׂם לְךָ שָׁלוֹם

Yisa Adonai panav eilekha v'yaseim l'kha shalom



Ozi V'zimrat Yah

By Rabbi Shefa Gold

עֲזִי וְזִמְרַת יְהוָה, וַיְהִי-לִי לִישׁוּעָה

Ozi v'zimrat Yah; v'yhi-li lishuah

Adonai is my strength and might; God will be my source of help.

(Exodus 15:2)



Healing Prayers

Music by Debbie Friedman

Mi shebeirach avoteinu

M'kor ha-b'rakha l'imoteinu

May the Source of strength,

Who blessed the ones before us,

Help us find the courage to make our lives a blessing,

And let us say: *Amen*.

Mi shebeirach imoteinu

M'kor ha-b'rakhah la-avoteinu

Bless those in need of healing with *r'fuah sh'leimah*,

The renewal of body, the renewal of spirit,

And let us say: *Amen*



V'yashvu Ish/Etz Chaim Hi

Music by Jeff Klepper & Dan Frelander

V'yashvu ish, tachat gafno v'tachat t'einato, v'ein macharid.

And they shall sit, everyone under their vine and fig tree, and none shall be afraid.

(Micah 4:4)

Etz chaim hi lamachazikim bah v'tomcheha m'ushar.

D'racheha dar'chei no'am v'chol n'tibvoteha shalom.

It is a Tree of Life to those who hold it fast all who support it find happiness.

Its ways are ways of pleasantness and all its paths are peace.

(Proverbs 3:18, 17)



Miriam's Song

By Debbie Friedman

Refrain:

And the women dancing with their timbrels,
Followed Miriam as she sang her song,
Sing a song to the One whom we've exalted,
Miriam and the women danced and danced the whole night long.

Verse: When Miriam stood upon the shores and gazed across the sea

The wonder of this miracle she soon came to believe.

Whoever thought the sea would part with an outstretched hand

And we would pass to freedom and march to the promised land!

Refrain

Verse: And Miriam the prophet took her timbrel in her hand

And all the women followed her just as she had planned.

And Miriam raised her voice in song, she sang with praise and might:

We've just lived through a miracle; we're going to dance tonight!

Refrain

